



ButtTalksTV's

10 Poop

Commandments For

Smoother Poops!

**10 Commandments for avoiding strain
and achieving a smoother and healthier
poop experience!**



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10 Poop Commandments

These easy-to-follow tips will help you get your poops back on track and feel more comfortable every day!

#1: Thou shalt not be dependent on laxatives to poop.

Did you know that prolonged use of laxatives can actually cause further constipation? If you strain to finish your poops, some simple changes in diet and lifestyle habits are key. Eating a high-fiber diet, staying hydrated and exercising can have you pooping smoothly in no time!

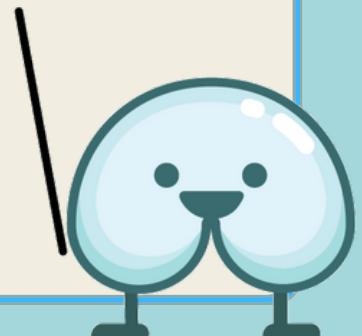


#2: Thou shalt sit on the toilet no more than 10 minutes at a time.

Sitting on the toilet longer doesn't actually mean you will poop more, and can actually cause hemorrhoids, incomplete pooping, rectal pain and more constipation. Try limiting your poops to 10 minutes to avoid strain and irritation. Watch our video on [how to poop properly](#) to learn more.

#3: Thou shalt cover the toilet water with one sheet of toilet paper before pooping.

Is your butt getting wet from nasty poop water when peacefully sitting on the toilet? Try putting a sheet of toilet paper in the toilet bowl before you sit to poop. This simple trick prevents water backsplash when your poop falls out, keeping your butt dry and happy!



#4: Thou shalt relax on the toilet.

Stress can be one of the main causes of poop strain and struggle. Relaxing while pooping allows your butt muscles to relax and helps your poop slide right out! Some simple deep breaths and avoiding multitasking can ease your mind, and your poops.

#5: Thou shalt not push while pooping.

Are you straining to push your poop out? Pushing can cause butt tissue tears and sprout hemorrhoids. The more you push, the sorier your tush. (Utilizing the proper pooping techniques here in this guide will help you poop like a champ in no time).



#6: Thou shalt focus on pooping without distraction.

Distractions never helped anyone accomplish a task. The same goes to pooping! Pooping should be a peaceful, relaxing reset for your body. So put those distractions away and focus on the task at hand!

#7: Thou shalt sit upright leaning forward or slightly backward while pooping.

Sitting upright and leaning forward at a 35-degree angle helps straighten out your anal and rectal passageway, allowing the poop to slide right out. Sitting slightly backward can also accomplish the same results.

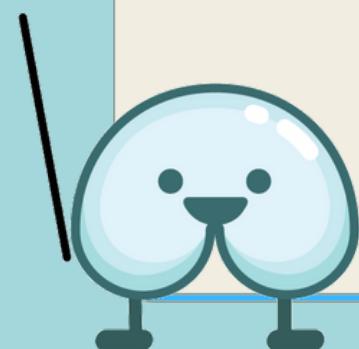


#8: Thou shalt not overuse toilet paper when wiping.

The more toilet paper I use the cleaner my butt, right? WRONG. Using too much paper to wipe can not only clog your toilet but cause irritation and harsh rashes on your butt!

#9: Thou shalt wipe gently from front to back.

Is there a right way to wipe? Well it turns out, if you want to avoid harsh pain and irritated skin, Wiping gently from front to back or even dabbing is the best way to prevent irritation to your butty. Even better, try using a bidet and you'll never have to worry about a sore red crack!



#10: Thou shalt wash thy hands correctly

Avoid spreading your poopy particles to your close friends and family. Follow the correct hand washing protocol! visit www.who.int for guidelines from the World Health Organization's hygiene protocol.

Bathroom germs are no joke!

BONUS TIP:

One of the best things you can do to achieve smoother poops and avoid strain is to incorporate more fiber into your diet.

Start your day off right with a high-fiber breakfast, and practice eating more fiber-rich foods such as fruits, yogurts, nuts, seeds and unprocessed whole grains.

By following these tips, you should be in shape to have a smoother and more enjoyable poop experience in no time!



About Nurse Wong

Hi! I'm Nurse Wong and I have been a nurse for over 40 years and have over 20 years of experience helping patients diagnosed with conditions affecting the anus and rectum.

To learn more fascinating tips about getting your poops back on track,

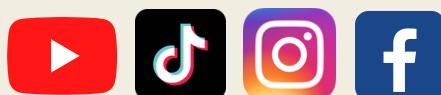
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Have a great
poop day!!

The 10 Poop Commandments

~ Nurse Wong from ButtTalks TV ~

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